

**MADE IN U.S.A.**

# Owner's Manual DP AIR GOMETER™

I.D. No.: 6 29419  
14-3800B

This product is covered under one or more of the following U. S. and foreign Patents US 4,880,225, US 306,330(D), CAN. RD. 1990

**PLEASE RETAIN THIS MANUAL**

## TOOLS REQUIRED:

Adjustable Wrench  
9/16" Wrench  
Phillips Screwdriver  
Hammer  
Pliers

### **IMPORTANT**

THIS PRODUCT IS DESIGNED FOR ADULT USE. DO NOT ALLOW CHILDREN TO PLAY ON OR AROUND THIS PRODUCT.

### **IMPORTANT**

BEFORE STARTING ANY EXERCISE PROGRAM, IT IS RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN.

### **IMPORTANT -- REPLACEMENT PARTS**

Thank you for purchasing our product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find that a part of this product is either missing or defective, please contact us for a replacement at the following address or telephone number.

You **MUST** have the Serial Number of this fitness equipment ready for the Customer Service Representative in all communications.

In the United States, call 1-800-633-5730, or write to:

Diversified Products Corporation  
P.O. Box 100  
Opelika, AL 36803  
Attn: Customer Service

If you live in the United Kingdom, Western Europe, or the Middle East, contact:

Diversified Products Limited  
Garngoch Industrial Estate  
Phoenix Way  
Gorseinon, Swansea  
United Kingdom  
Attn.: Customer Service - Parts  
Tel.: (0792) 893854  
Telex: 48687 DIVPRO

### **IMPORTANT -- SAFETY**

TO AVOID ACCIDENT OR INJURY READ AND FOLLOW THESE SIMPLE SAFETY RULES.

1. Do not allow children to play on or around the DP AIR GOMETER™ when it is in use.
2. Regularly check to see that all nuts, bolts, and screws are securely tightened.
3. Keep hands and feet away from linkage mechanism.
4. Always check to see that seat is securely fastened before using the DP AIR GOMETER™.
5. Do not ride standing up.
6. Do not ride while wearing loose robes, gowns, loose pants, long skirts, or jewelry such as necklaces, chains, rings, etc..
7. Always wear rubber soled shoes such as tennis shoes when using your DP AIR GOMETER™.
8. Do not position your DP AIR GOMETER™ on loose rugs or uneven surfaces.
9. Do not place head, hands, or legs between handlebars.
10. The DP AIR GOMETER™ should not be used when alone.

## Why EXERCISE

Why exercise? The answer is simple - to live a longer, happier and healthier life. It is known that a planned, regular exercise program can improve physical and mental health. Too often our life style limits our time or opportunity to exercise. The DP AIR GOMETER™ provides a convenient and simple method to embark on a program of self improvement.

Cycling and Rowing are recognized as two of the best forms of exercise. With the DP AIR GOMETER™ the benefit of these exercises can now be performed within the safety and comfort of your own home and at your convenience.

The DP AIR GOMETER™ provides the user with the latest, most accurate electronic means of measuring the quantity of energy (calories) expended during exercise. This information is electronically calculated and displayed for each individual based on his or her age, sex, and pulse rate.

With the MONITOR you can pre-set (1) the time you wish to exercise (2) the distance "traveled" (3) the pace (cadence) at which you wish to work and (4) the amount of calories you wish to burn.

Included in this booklet is a program designed to put you on the road to improved physical condition. Good exercise habits will help you feel better, look better and enjoy life more fully.

## Training Tips

1. Consult Your physician before starting this or any other physical training program.
2. Start your exercise program now! Don't procrastinate.
3. Each training session should consist of:
  - a. Five to ten minutes of stretching and warm up and a minute or two of relaxed riding at a slow pace.
  - b. A target pulse rate exercise.
  - c. A cool down period of from one to two minutes of slow relaxed riding and some gentle stretching.
4. For best results, include a good approved diet and start it simultaneously with your exercise program.
5. Proper attire includes cotton shorts and T-shirt for warm weather or a polyester, acrylic, or cotton warm-up suit for cooler weather.
6. Do not attempt to progress too rapidly. Gradually increase the intensity of your workouts.
7. Breathe deeply while exercising. Don't hesitate to breathe through your mouth if you need more oxygen. Use the "Talk Test". If you cannot carry on a conversation while training, you are working too hard!
8. Rest is essential. No exercise program can improve your fitness if you do not get adequate rest.
9. Schedule your exercise. Beginners - Exercise every other day for at least a month. Intermediates - Exercise at least five days a week but generally not more than six. Ideally, you should exercise three days consecutively followed by one day of rest, then two days of exercise followed by a day of rest.
10. There is no "best time" to train. The important thing is to train when your energy is high. Some individuals feel better training during the early morning hours and others in the evening. Through experimentation you must find your own ideal time. However, you should avoid training within two hours after eating or one hour prior to a meal.

## Pre-exercise Stretching

A thorough warm up of the large muscles used in your training program will help avoid pulls, strains, and cramps. The following stretches will help prepare you to enjoy your exercise session. Hold each stretch for a count of 15 and relax. Then repeat each several times.

Begin by bending at the hips and place your hands on your knees. Lower your head toward the floor until you feel the stretch in the back of your thighs and press back on your knees with steady pressure.

Using a wall or other large object to steady you, grasp one foot and gently pull it as close to your buttocks and as high as you can. Repeat with the other foot.

Turn towards the wall and place both hands on it and support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the forward leg and lean towards the wall keeping the rear leg straight so that the calf and achilles tendon are stretched. Repeat for the other leg. Some benefit for the upper body can also be derived from this stretch.

Next, Sit on the floor and draw your legs up toward your groin, the soles of your feet together, and holding your back straight, lean forward over your feet.

## Warm up (Minimum of 5 minutes total)

Stand directly in front of the DP AIR GOMETER™, with your feet set apart slightly to allow the lower portion of the handlebars to move freely. Grasp the handlegrips and alternately move the handles back and forth at a moderate pace.

As your left arm extends, turn your hips and head to the right. Reverse this motion as the right arm is extending.

**ADVANTAGE:** This rotation provides stretch and flex of the lower back, upper shoulders and neck while slowly increasing your pulse rate and blood circulation.

Stand behind the DP AIR GOMETER™ with the balls of your feet on the floor tube, lean over the seat and grasp the handlegrips. Alternately move the handles back and forth at a moderate pace. Turn the upper body and head to the right as you extend your left arm. Reverse this motion as the right arm extends.

ADVANTAGE: Provides stretch and flex of the upper back and sides while slowly increasing the pulse rate and blood circulation. Sitting on the DP AIR GOMETER™, place your hands on the handlegrips (or rest them on your thighs). Place the balls of your feet on the pedals and slowly begin pedaling.

ADVANTAGE: Provides flex to hip, knee, and ankle joints while slowly increasing the pulse rate and blood circulation.

## The Exercise Program\*

### CONSULT YOUR PHYSICIAN BEFORE PARTICIPATING IN THIS OR ANY OTHER PHYSICAL TRAINING PROGRAM

Each person is different in age, weight, and overall fitness; each must tailor their program to their own needs. The DP AIR GOMETER™ with its electronic MONITOR will simplify attainment of your goal.

In any program of exercise, maximum physical benefit will be realized only when exertion occurs. However; the old adage "No pain, no gain" is NOT true in terms of simple cardiovascular training. Your pulse rate is a good indicator of exertion. The DP AIR GOMETER™ allows you to continuously monitor your pulse rate and thus tailor your training program to suit your level of fitness.

To begin, first determine at what level of fitness you are. We strongly urge that you involve your physician in this basic decision. Then find your age group in the age column of the training chart (below) and read across the chart to the right to find the appropriate pulse rate range for you. Use these numbers to set the pulse targets on your MONITOR.

As you begin to use your DP AIR GOMETER™, work at the lower end of your target pulse range. As you progress you will find that you will need to ride faster in order to stay in the pulse range you have chosen. This is your body's way of telling you that your fitness is increasing. As this occurs, you may begin to work in the higher end of your pulse range. If you started in the "Low Fitness" training program, you may increase your pulse rate a little each week after the first month until you are working in the desired target pulse rate range for your age bracket.

What ever your perceived fitness level, unless you are already cycling more than 5 miles daily, plan to start your program slowly. Ride the DP AIR GOMETER™ at a low speed and thus a low level of resistance and train for only a short period every other day for the first two weeks. Every week add a few minutes per session until you are exercising for at least twenty minutes at a time. As your fitness improves, you may wish to exercise five or six days a week.

Since the MONITOR will calculate the number of calories used, you may decide to work using calories rather than relying on time.

EACH TRAINING SESSION SHOULD CONSIST OF:

1. FROM FIVE TO TEN MINUTES OF STRETCHING AND WARM UP AND A MINUTE OR TWO OF RELAXED RIDING AT A SLOW PACE.
2. TARGET PULSE RATE EXERCISE.
3. A COOL DOWN PERIOD OF FROM ONE TO TWO MINUTES OF SLOW, RELAXED RIDING AND SOME GENTLE STRETCHING.

## Training Chart\*

AGE	LOW FITNESS TRAINING	HIGH FITNESS TRAINING	CARDIOVASCULAR TRAINING
16 - 20	120 - 130	130 - 150	150 - 170
21 - 25	115 - 125	125 - 145	145 - 165
26 - 30	115 - 120	120 - 145	145 - 160
31 - 35	110 - 120	120 - 135	135 - 155
36 - 40	110 - 115	115 - 135	135 - 155
41 - 45	105 - 115	115 - 130	130 - 150
46 - 50	100 - 110	110 - 125	125 - 145
51 - 55	95 - 105	105 - 125	125 - 140
56 - 60	90 - 105	105 - 120	120 - 135
61 - 65	85 - 100	100 - 115	115 - 130
Over 65	85 - 100	100 - 110	110 - 125

**WARNING:** Persons Over 50 Years Of Age Must Not Exceed The Pulse Rate Schedule For Their Age Group.

\*Exercise program and training chart based on Sharkey, Brian J., 1984, Physiology of Fitness, 2nd ed., Human Kinetics Publishers, Inc., Champaign, IL.

# Using the DP AIR GOMETER™

The secret to aerobic training is achieving a selected heart rate and maintaining it. The DP AIR GOMETER™, with its air resistance system and integrated electronic MONITOR allows the user to easily attain the desired pulse rate.

Since no two people or life styles are alike, the DP AIR GOMETER™ has been designed to allow the user to isolate portions of the body that may need greater emphasis in training.

These exercises provide cardiovascular conditioning, muscle toning and joint flexing with the ability to exercise both the upper and lower body simultaneously or independently. Increase the workout intensity by increasing the speed of the leg and/or arm movements.

1. Position the seat so that you are comfortable and your leg is extended as far as possible when your heel is on the pedal and the pedal is in its lowest position.
2. Place the "BALL" of your foot on the pedal for proper pedaling position.

The following photographs illustrate the basic positions for use of your DP AIR GOMETER™



**FIGURE 1. FULL BODY WORKOUT:** Sitting comfortably erect, use the handlebars to either push or pull while simultaneously pedaling. Alternate the effort to your arms or legs to intensify or reduce the work of the upper or lower body. The handles may be gripped from underneath (palm up) to change the muscle groups used in the arm.

#### ADVANTAGES:

##### 1. For the upper body:

- a. Handlebar Push: Provides cardiovascular conditioning, tricep, upper back, and shoulder muscle training.
- b. Handlebar pull: Provides cardiovascular conditioning, bicep, shoulder, and chest muscle training.

##### 2. For the lower body:

Pedaling: Provides cardiovascular conditioning, thigh and calf muscle toning, and hip, knee, and ankle flexion.

To ISOLATE THE LOWER BODY, simply release the handlebars and place your hands on your hips or thighs as you pedal. This concentrates the exercise on the lower body.

#### ADVANTAGES:

##### For the lower body:

Pedaling: Provides cardiovascular conditioning, thigh and calf muscle toning, and hip, knee, and ankle flexion.





**FIGURE 2.** To ISOLATE THE UPPER BODY, place feet on the foot supports and use the handlebars and your arms to activate the fan. Try to minimize the amount of torso twisting to just that necessary to complete the exercise. The handles may also be gripped from beneath to change the muscle groups used in the arms.

**ADVANTAGES:**

For the upper body:

- a. Handlebar Push: Provides cardiovascular conditioning, tricep, upper back, and shoulder muscle training.
- b. Handlebar pull: Provides cardiovascular conditioning, bicep, shoulder, and chest muscle training.



**FIGURE 3.** To EXERCISE THE TORSO, stand with feet on the foot tube, lean over the seat and activate the fan using the handlebars. This exercise is most effective when the muscles of the torso are used in a twisting motion.

**ADVANTAGES:**

For the upper body:

- a. Handlebar Push: Provides cardiovascular conditioning, tricep, upper back, and shoulder muscle training.
- b. Handlebar pull: Provides cardiovascular conditioning, bicep, shoulder, and chest muscle training.

## Using the MONITOR

The MONITOR provides the user with eight functions:

TIME  
SPEED  
DISTANCE  
CADENCE

CALORIES  
PULSE  
PULSE TARGET  
SCAN

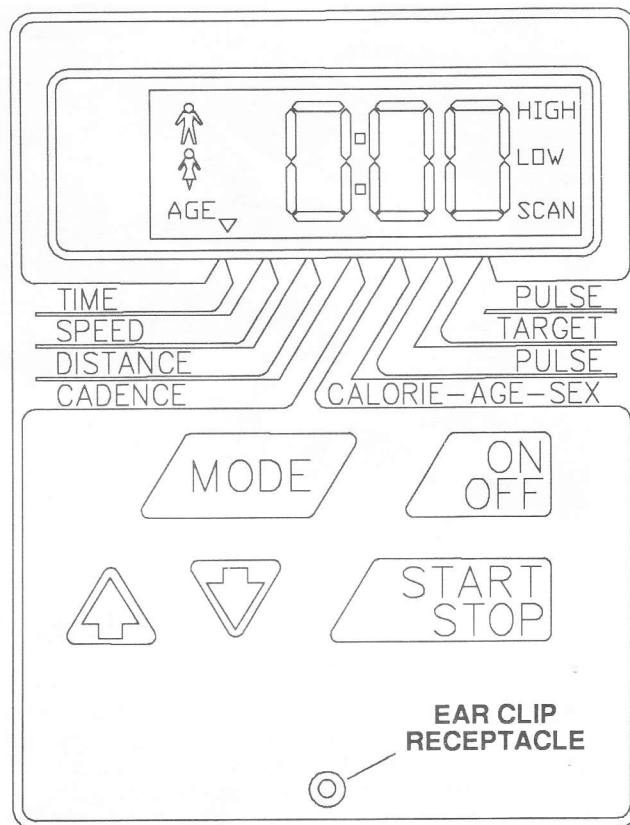
The unit is turned on and off by pressing the ON/OFF button.

The functions are changed from one to another by pressing the MODE button. A small triangle is shown in the display area above the function name which indicates the mode that is active.

**A FUNCTION IS OPERATIVE WHEN THE TRIANGLE IS FLASHING.  
A FUNCTION CAN ONLY BE SET WHEN TRIANGLE IS NOT FLASHING.**

## Setting Functions

- TIME:** Press ON/OFF button. Unit will indicate 0:00 time and show triangle above time function name. To time your exercise, press the START/STOP button. To stop, press START/STOP. Press it again to resume. To reset to 0:00, stop the function and press UP and DOWN buttons at the same time.
- To set TIME for countdown, use the UP or DOWN button to set the desired time. Start the TIMER by pressing START/STOP button. An alarm will sound for 10 seconds when the time has expired.
- SPEED:** SPEED is displayed in miles per hour. Press MODE button until the triangle is above the SPEED function name.
- DISTANCE:** DISTANCE is displayed in tenths of a mile. To record DISTANCE, press MODE button until triangle is above the DISTANCE function name. Set the display to read 00.0 by pressing both the UP and DOWN buttons at the same time. To stop, press START/STOP. Press it again to resume.
- To set DISTANCE for countdown, use UP and DOWN buttons to set the desired distance. Start countdown by pressing START/STOP. An alarm will sound for ten seconds when the distance has been reached.
- CADENCE:** CADENCE will allow you to set an audible tempo to pace your workout. Set the desired tempo (displayed in beats per minute) using the UP and DOWN buttons. Press start/stop to begin and again to stop. Reset tempo using the UP and DOWN buttons. The CADENCE may be set from 15 to 120 beats per minute in increments of 5 beats per minute.
- CALORIES:** CALORIES are based on AGE, SEX, and PULSE RATE. CALORIE MODE MUST BE USED IN CONJUNCTION WITH PULSE INPUT FROM THE EAR CLIP.
- Press the Mode button until the small triangle is visible above "AGE/SEX/CALORIE" and the word "AGE" appears on the left side of the display. Use the UP or DOWN buttons to select your correct age. Press the MODE button to set and a small figure will appear on the left side of the display. Use the UP button to choose the figure descriptive of your sex (male or female). Press MODE once more to set. If necessary, set the display to 0.0 by pressing both UP and DOWN buttons at the same time.
- To begin, press START/STOP. To stop, press START/STOP. Press it once more to resume. To use the CALORIE countdown feature, use the UP and DOWN buttons to set the number of calories you desire to use and start by pressing START/STOP. An alarm will sound for 10 seconds when you have used the set number of calories.
- PULSE:** PULSE displays your pulse rate in beats per minute. Place the ear clip on your earlobe and plug the cord into the receptacle provided at the bottom of the monitor.
- The PULSE circuit is designed to identify consistent pulse patterns. If a consistent pattern cannot be detected, or if it senses that a consistent pattern has become irregular, the monitor displays the letter "P", denoting that it cannot find a reliable pulse. To avoid this, the strain relief clip on the wire should be fastened to your collar or another piece of clothing while you exercise.
- PULSE TARGET:** PULSE TARGET allows you to set a target range for your pulse rate during a workout. For further information, refer to the exercise program and training chart.
- To set the HIGH TARGET value, be sure that PULSE TARGET mode is off (small triangle not flashing) and the word "HIGH" appears along the right side of the display. Then use the UP or DOWN buttons to select the desired UPPER PULSE RATE. Press MODE to set.
- To set the LOW TARGET value, press MODE until "LOW" appears along the right side of display and use the UP and DOWN buttons to select the desired LOWER PULSE RATE.
- To begin, press the START/STOP button. To stop, press START/STOP. Press it again to resume. A series of three quick beeps followed by a pause will be repeated if your pulse rate exceeds the HIGH TARGET value you have set. If your pulse rate descends below the LOW TARGET value that you have set, a series of two beeps followed by a pause will be sounded until the pulse rate is again within the desired range.
- SCAN:** SCAN will automatically cycle through all the displays except AGE, SEX, and PULSE TARGET, changing every eight seconds. Press MODE until the word "SCAN" appears on the right side of the display.

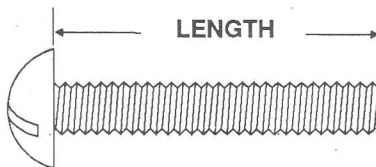


# PARTS LIST

ITEM NUMBERS IN THE INSTRUCTIONS ARE THE SAME AS THOSE IN THE PARTS LISTS

ITEM NO.	PART NO.	QTY.	PART NAME
1	39222800	2	Handlebar
2	30382816	1	Connecting Rod
3	39190900	1	Seat
4	39244100	1	Frame
5	39221200	1	Foot Tube
6	21021200	2	5/16" x 2 1/4" Long Machine Screw
7	25001500	2	5/16" Locknut
8	29290600	2	Large Shoulder Bushing
9	39242900	1	Right Pedal
10	39243000	1	Left Pedal
11	02047600	2	Plastic Spacer
12	28041300	4	Plastic Expansion Nut
13	38201016	1	Console Bracket
14	20013300	4	#10 x 3/4" Long Sheet Metal Screw
15	09088700	1	Bracket Cover
16	39189441	1	Console
17	39201100	2	Triangular Knob
18	37028741	1	Monitor
19	31200567	2	Pivot Rod
20	31218710	2	Foot Support
21	02051100	2	Foot Support Cushion
22	29293600	2	Small Shoulder Bushing
23	26003200	4	3/8" Washer
24	29058400	2	Hairpin Cotter
25	39189300	1	Seat Adjustment Knob
26	37023700	1	Ear Clip With Cable And Strain Relief Clip
27	60074100	1	Owner's manual

**NOTE:** The hardware may vary (type of head or length) from that specified, but the variation will in no way affect the products quality.

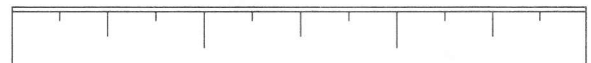


MACHINE SCREW



EXPANSION NUT

0 1/2 1 1/2 2 1/2 3



#10 (3/16")

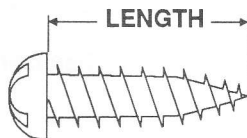
1/4"

5/16"

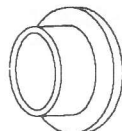
3/8"



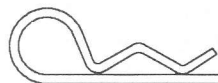
PLACE WASHER, END OF BOLT OR SCREW, ON CIRCLE TO CHECK FOR CORRECT SIZE.



SHEET METAL SCREW



SHOULDER BUSHING



HAIRPIN COTTER

## IMPORTANT

PLEASE READ ALL ASSEMBLY INSTRUCTIONS CAREFULLY BEFORE ASSEMBLY.

### Assembly Instructions

#### FIGURE 1

- Step 1. Remove the HANDLEBARS (No. 1), CONNECTING RODS (No. 2), SEAT (No. 3), FRAME (No. 4), FOOT TUBE (No. 5), console carton, and the hardware bag from the carton.

**NOTE:** Be sure that all parts have been removed before discarding carton.

- Step 2. Attach FOOT TUBE (No. 5) to FRAME (No. 4) with SCREWS (No. 6) and LOCKNUTS (No. 7).

- Step 3. Push LARGE SHOULDER BUSHINGS (No. 8), with SHOULDER to outside, into CONNECTING RODS (No. 2) as shown in FIGURE 1 and DETAIL "A".

**NOTE:** FLAT SIDE of CONNECTING RODS must be to inside as shown in DETAIL "A".

- Step 4.

## IMPORTANT

READ ALL OF STEP 4 BEFORE ATTACHING PEDALS

**NOTE:** The PEDALS are **NOT** the same and **must** be assembled to the proper CRANK. Be sure to match the colored labels of CRANKS & PEDALS.

Attach PEDALS (No. 9 RIGHT & 10 LEFT) to corresponding CRANKS (No. 128 RIGHT & 129 LEFT) with CONNECTING RODS (No. 2) and PLASTIC SPACERS (No. 11). PLASTIC SPACERS are positioned between CONNECTING RODS and CRANKS - see DETAIL "A". Tighten, with 9/16" WRENCH, both PEDALS very tightly by turning toward REAR of UNIT.

- Step 5. Push PLASTIC EXPANSION NUTS (No. 12) into FRAME CROSSBRACE.

- Step 6. Attach CONSOLE BRACKET (No. 13) to FRAME (No. 4) with SCREWS (No. 14).

**NOTE:** Use only **two** SCREWS in the **front two holes** at this time.

- Step 7. Pull gently on the SPEED PICKUP WIRE to remove any slack wire within the FRAME (No. 4).

- Step 8. Attach BRACKET COVER (No. 15) to CONSOLE BRACKET (No. 13) with remaining **two** SCREWS (No. 14).

- Step 9. Slide CONSOLE (No. 16) over ends of CONSOLE BRACKET (No. 13), with "DP" towards FRONT, and fasten with KNOBS (No. 17).

- Step 10. Remove MONITOR (No. 18) from CONSOLE (No. 16), open BATTERY DOOR, insert BATTERIES (4 "AA" Alkaline batteries, NOT INCLUDED), and replace BATTERY DOOR.

- Step 11. Thread SPEED PICKUP WIRE through back of CONSOLE (No. 16), plug into back of MONITOR (No. 18), and replace MONITOR in CONSOLE.

**NOTE:** Tuck excess WIRE under MONITOR as it is replaced in CONSOLE.

- Step 12. Attach HANDLEBARS (No. 1) to FRAME (No. 4) with PIVOT RODS (No. 19). Tighten with wrench.

**NOTE:** When properly mounted, a HANDLEBAR will have its HANDLE pointing away from the AIR GOMETER™.

- Step 13. Thread FOOT SUPPORT (No. 20) onto PIVOT RODS (No. 19) and tighten with pliers.

- Step 14. Moisten with water or liquid soap, and push FOOT SUPPORT CUSHIONS (No. 21) over FOOT SUPPORTS (No. 20).

- Step 15. Push SMALL SHOULDER BUSHINGS (No. 22) into holes in front end of CONNECTING RODS (No. 2).

- Step 16. Push SMALL SHOULDER BUSHINGS (No. 22), CONNECTING RODS (No. 2), and 3/8" WASHERS (No. 23) onto PINS at end of HANDLEBARS (No. 1) and fasten with HAIRPIN COTTERS (No. 24).

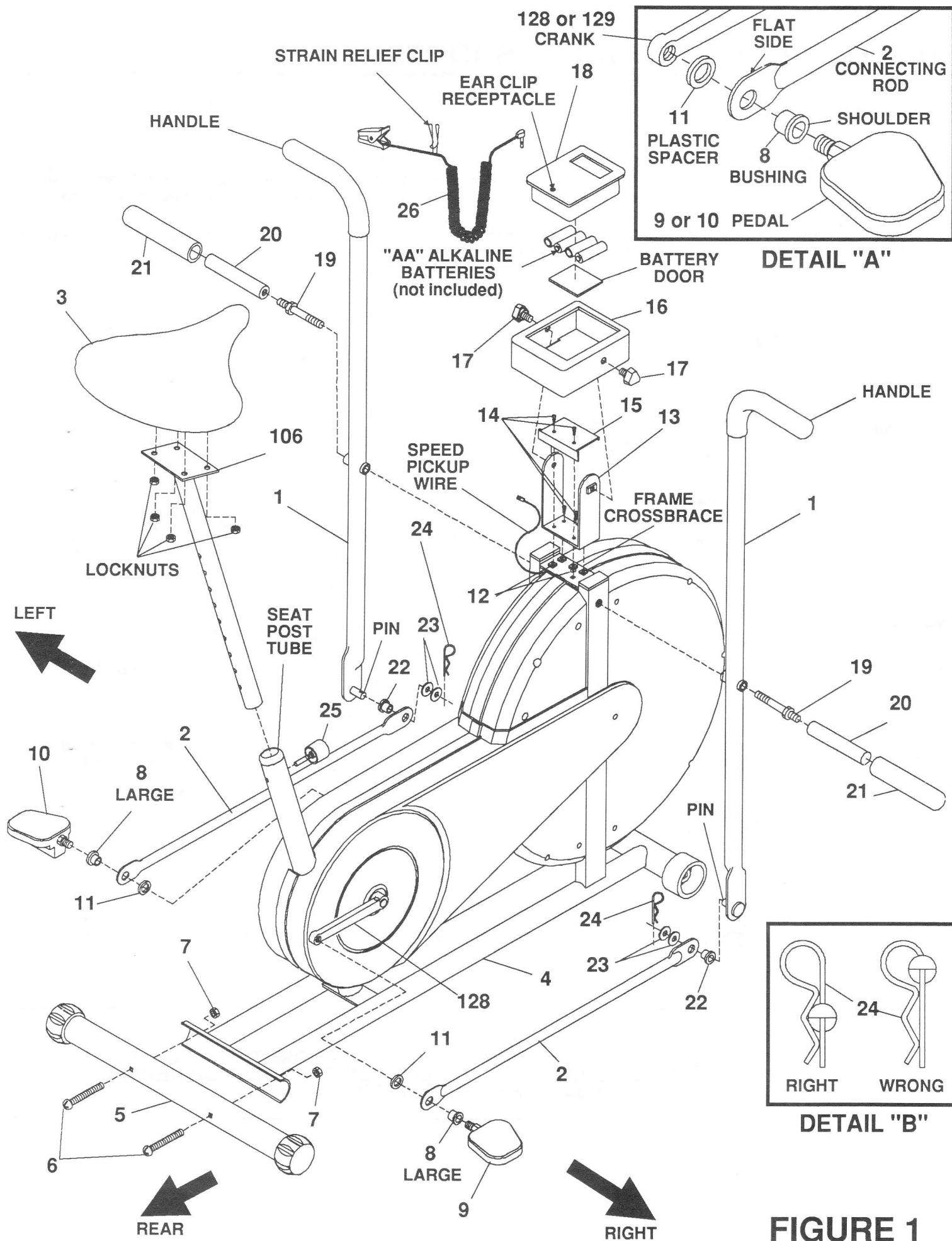
**NOTE:** 1. Due to small variations in manufacture, HAIRPIN COTTER may not fit into hole in PIN when using two 3/8" WASHERS. If this occurs, remove one of the 3/8" WASHERS.

**NOTE:** 2. HAIRPIN COTTER must be inserted properly - see DETAIL "B".

- Step 17. Remove LOCKNUTS from SEAT (No. 3) and attach SEAT to SEAT POST (No. 106) with LOCKNUTS.

- Step 18. Slide SEAT (No. 3) to desired height, align the nearest hole in the SEAT POST (No. 106) with holes in SEAT POST TUBE, insert, and tighten SEAT ADJUSTMENT KNOB (No. 25).





**FIGURE 1**

# MAINTENANCE / TROUBLE - SHOOTING

## Maintenance:

Keep DP AIR GOMETER™ clean by wiping with an absorbent cloth after use.

Twice each year the SCREWS (No. 109 & 110) should be removed to loosen CHAINGUARDS (No. 126 & 127) and allow the FANGUARD (No. 136) to be removed. Lubricate CHAIN (No. 119) and each end of the FAN AXLE with machine oil and reassemble.

To store the DP AIR GOMETER™ simply keep it in a clean dry place. To avoid damage to the electronics it is recommended that the batteries be removed from the MONITOR (No. 18) before storage.

## Trouble - Shooting:

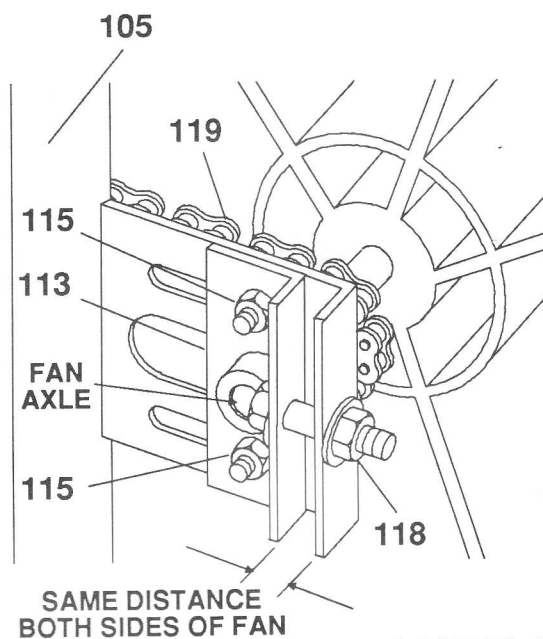
### Chain makes "popping" noise.

CHAIN IS TOO LOOSE.

- a. To adjust, remove SCREWS (No. 133 & 110), FANGUARD (No. 136), and SCREWS (No. 109 & 130) to loosen CHAINGUARDS (No. 126 and 127) - see FIGURE 4.
- b. Loosen LOCKNUTS (No. 115) and tighten NUTS (No. 118) so that RETAINERS (No. 113) are the same distance from FRAME (No. 105) and all slack is removed from CHAIN (No. 119) - see FIGURE 2.
- c. Replace FANGUARD (No. 136) and SCREWS (No. 133, 110, 109, and 130).

### Monitor

- a. TURN MONITOR ON.
- b. IF NO DISPLAY: Replace batteries - ONLY "AA" ALKALINE BATTERIES ARE RECOMMENDED
- c. IF NO PULSE SHOWS:
  - Are you in the correct mode?
  - Check earclip plug insertion.
  - Massage ear to increase circulation.
  - Try earclip on other ear.
  - Replace batteries.
- d. IF NO SPEED/DISTANCE SHOWS: Check pick up wire connection on back of MONITOR.



**FIGURE 2**

**IF PROBLEM IS NOT CORRECTED: Call toll free 1-800-633-5730 for service.**

## NOTICE

**IT IS NOT NECESSARY TO RETURN ENTIRE DP AIR GOMETER™ FOR A MONITOR REPAIR. MONITOR IS REMOVABLE FROM CONSOLE FOR REPAIR OR BATTERY REPLACEMENT.**

# PREASSEMBLED PARTS BREAKDOWN

ITEM NO.	PART NO.	QTY.	PART NAME
100	39222710	2	Handlebar
101	02048000	2	Handle Grip
102	29313500	4	Handlebar Bushing
103	02047900	2	Foot Cap
104	30332916	1	Foot Tube
105	38234416	1	Frame
106	38200516	1	Seat Post
107	39234100	1	Fan
108	39187100	2	Crank Pin Assembly
109	20016900	2	#10 x 5/8" Long Sheet Metal Screw
110	20011700	2	#10 X 1 1/2" Long Sheet Metal Screw
111	09090200	1	Seat Post Bushing
112	29301300	2	Flanged Axle Bushing
113	31188710	2	Bushing Retainer
114	23006800	4	1/4" x 3/4" Long Carriage Bolt
115	25011100	4	1/4" Locknut
116	22018900	2	1/4" x 1 1/4" Long Hex Head Bolt
117	26000700	2	1/4" Washer
118	25000300	2	1/4" Nut
119	29353700	1	Chain
120	39201800	1	Sprocket
121	29289600	2	Crank Bearing
122	29292700	1	3/16" x 1" Long Roll Pin
123	20015900	2	#6 x 3/4" Long Sheet Metal Screw
124	37019700	1	Speed Pickup
125	26000300	2	#10 Flat Washer
126	09093443	1	Left Chainguard
127	09093343	1	Right Chainguard
128	31183667	1	Right Crank
129	31183767	1	Left Crank
130	21009700	2	#10 x 1/2" Long Machine Screw
131	25000200	4	#10 Nut
132	25008900	2	Push Nut
133	20017300	8	#10 X 1 1/4" Long Sheet Metal Screw
134	09089100	1	Left Upper Fan Guard
135	09089000	2	Right Upper Fan Guard
136	39253100	2	Front Fan Guard
137	09090100	1	Right Lower Fan Guard
138	21020900	2	#10 x 4 3/4" Long Machine Screw
139	09089000	1	Left Lower Fan Guard
140	02048500	2	1" x 2" Tube Plug
141	31200310	1	Axle
142	02050200	2	2" Plug Insert
143	09089200	2	Wheel

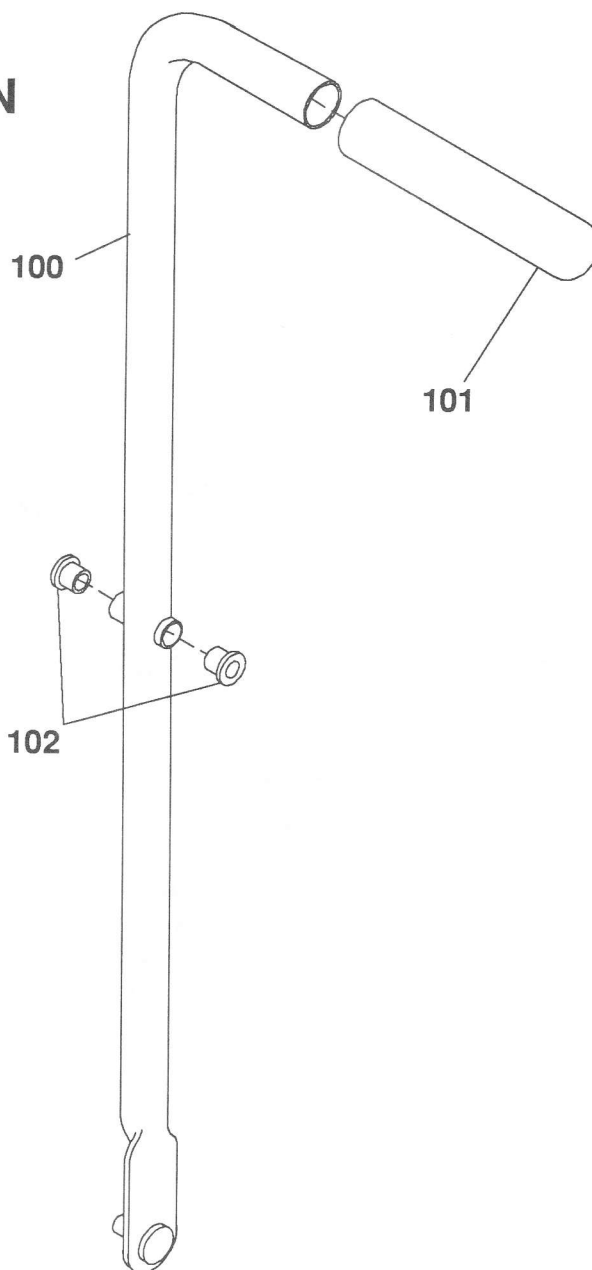
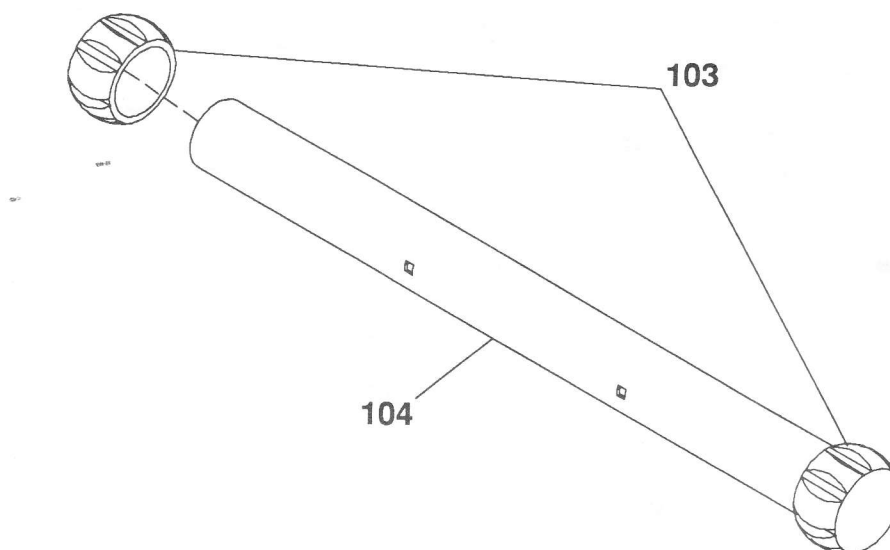
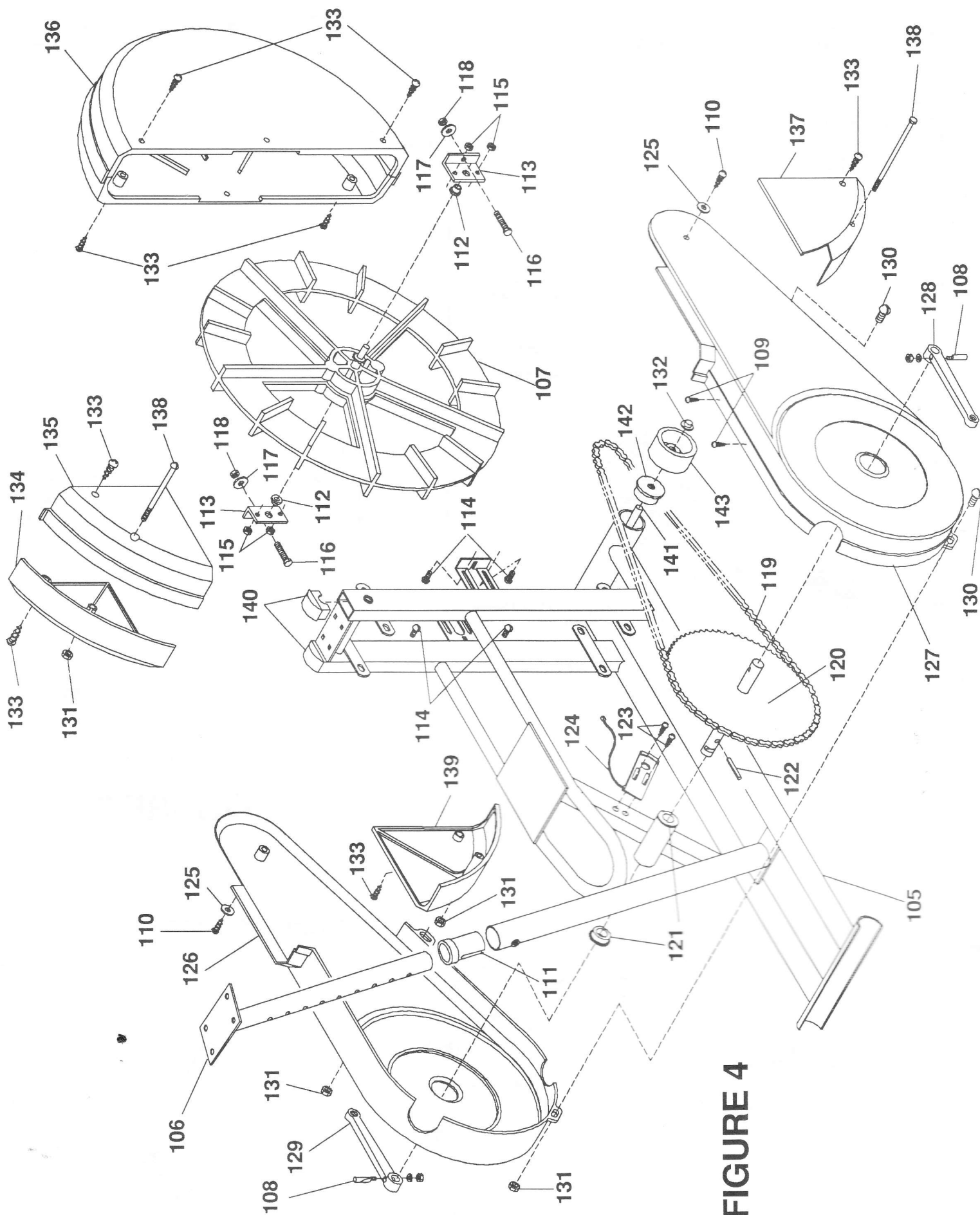


FIGURE 3



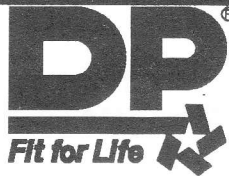


**FIGURE 4**



## WORKOUT CHART

[illegible]



## AIR RESISTANCE EXERCISER ONE YEAR LIMITED WARRANTY

This DP Air Resistance Exerciser is warranted to be free from defects in materials and workmanship for one year. This warranty begins on the consumer's date of purchase. This warranty is not transferable and is extended only to the original owner. Proof of purchase is required.

**LIMITATIONS:** Exclusions to the DP One Year Limited Warranty are:

- One year for electronics.
- 90 days for upholstery and grips.
- All other components including frame, fan, chain, sprocket, and pedals are warranted for one year to be free of defects in material and workmanship.

### **THIS WARRANTY DOES NOT COVER:**

- Normal wear or tear.
- Accident, misuse, neglect, abuse, improper assembly, or improper maintenance.
- Any commercial or institutional use.
- Failure to follow instructions in your owners manual.
- All functional parts requiring consumer assembly or adjustment must be adjusted properly. The consumer is responsible for normal maintenance and adjustments necessary to keep the equipment in good operating condition.
- **NOTE:** It is the responsibility of the consumer purchaser to assure all parts included in the factory sealed carton for consumer assembly are properly installed.

### **HOW WILL DP ASSIST YOU:**

For Warranty Assistance call DP Customer Service at 1-800-633-5730. DP Customer Service Representatives are trained to assist you over the telephone in determining whether:

- Your question can be answered over the phone.
- A replacement can be sent to you.
- An in-house service call is required.
- The product should be returned to the retailer.
- The product should be returned to DP.

After factory authorization is obtained, return the product freight prepaid and boxed in an appropriate carton for inspection of claim. DP will then inspect the returned product to determine whether repair, replacement or credit is in order.

Do not return this product to the store where purchased before calling DP Customer Service.

### **INCIDENTAL OR CONSEQUENTIAL DAMAGES:**

Repair or replacement of defective parts or accessories specified above are the consumer's sole remedy under this warranty and in NO event shall DP be liable for incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages so the above limitation or exclusion may not apply.

### **CONSUMER RIGHTS UNDER LAW:**

This warranty gives the consumer specific legal rights. The consumer may also have rights which vary from state to state.